

NUTRITION NEWS 2018



November 3, 2018



Happy Thanksgiving

Tips for a Healthy Thanksgiving

Eat your veggies first. Fill half of your plate with vegetables. They tend to be low in calories and packed with nutrients.

Drink water all day long to stay hydrated. It's easy to confuse hunger with thirst.

Take a post-dinner walk. Don't head straight to the couch and zone out watching football. Lace up your sneakers and head outside. Spend time with your family while burning off calories.

Set your clocks back one hour on Sunday November 4th, 2018



Get off to a good start. Don't go to the Thanksgiving table hungry. Snack on healthy foods the day of the big event.

FACTS

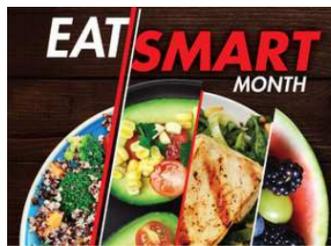
5 Interesting Facts About Pears

1. There are over 3,000 varieties of pears worldwide.
2. The United States is one of the largest producers of pears in the world.
3. Although pears mature on the tree, they ripen best off the tree.
4. The pear used to be called "butter fruit" for its soft, butter-like texture.
5. Pears are a part of the rose family.



November is Eat Smart Month

One of the great things about Eat Smart Month is that it takes place as the holiday season is kicking off. Holidays are about family, so take this opportunity to involve the whole family. Kids can help with meal planning, grocery shopping and even cooking. Let each family member be chef for a day and take charge of a particular meal. Encourage older kids to make a game of reading food labels at the grocery store. Let younger kids pick out new types of fruits and vegetables to try. There are many ways to get the family involved!



Cauliflower Facts:

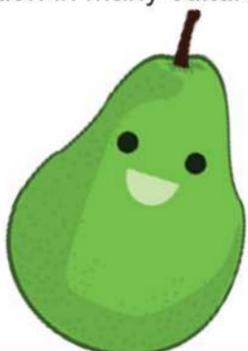
- 1) Cauliflower is closely related to broccoli, brussels sprouts, kale and cabbage. Cauliflower originates from Asia Minor.
- 2) Throw them into stocks or cut off the tough outer stem and snack on them. You can also dice them up and add them to a stir-fry.
- 3) It is a great source of fiber! 9 grams of fiber in every 100 calories.

Local Cauliflower



Pear

In ancient China, people believed that **pears** represented immortality and prosperity because **pear** trees live for a long time. In Korea, the **pear** symbolizes grace and nobility. The **pear** tree is a **symbol** of comfort. The **pear** is a **symbol** of affection in many cultures.



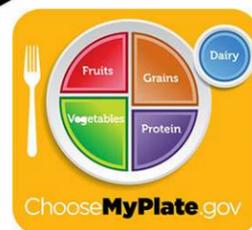
"This institution is an equal opportunity provider."

Jokes of the Month

Where do fruits go on vacation?
Pear-is.

What kind of fruit helps a lawyer?
A Pearalegal.

What do you call an island with dozens of fruit trees?
Pearadise.



Colored Cauliflower is available in **green** (also known as Broccoflower), **purple** and **orange** varieties. Although it may look **different** than the popular white **cauliflower**, the taste is the same: mild, sweet and nutty. The **orange** and **purple cauliflower** are higher in antioxidants than regular white **cauliflower**.



POMPTONIAN FOOD SERVICE